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## Debunking Medical Myths: Saw Palmetto Helps Prevent Prostate Cancer

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# MEDICAL MYTH: SAW PALMETTO HELPS PREVENT PROSTATE CANCER

ORANGE 29: CLEVELAND C, DEBNATH D, KRAYEM R,  
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## TAKING SAW PALMETTO, AN HERBAL PROSTATE SUPPLEMENT, DOES NOT PREVENT CANCER.

In fact, studies have found that it doesn't  
have much to do with prostate cancer at all.<sup>1-3</sup>



## SAW PALMETTO DOESN'T REDUCE PSA LEVELS EITHER.

Studies found no difference in PSA levels between  
those taking saw palmetto compared to a placebo,<sup>2,3</sup>  
meaning that taking the supplement won't bring  
your PSA level down.

## "BUT I'VE HEARD GREAT THINGS ABOUT IT!"

Saw palmetto won't prevent cancer, but that  
doesn't mean it can't help with other things. Some  
studies found that saw palmetto was better at  
improving BPH symptoms than a placebo.<sup>4</sup> However,  
saw palmetto can have side effects.<sup>5</sup> Always do your  
research before starting any kind of supplement.



## TALK TO YOUR DOCTOR.

PSA screening is not for everyone.<sup>6</sup> If you're  
worried about prostate cancer, talk to your doctor  
about your concerns. It's important to discuss the  
risks and benefits of PSA screening and decide  
together if it's right for you.

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